



## Cheers to the **ALTERNATIVES**

Although it may be enticing to indulge in a glass of wine at the office cocktail party this season, experts advise expectant mothers to think otherwise. A recent study by Wayne State University in Detroit found that the risk of pre-term birth increases notably when expectant mothers consume alcohol. Alcohol accounted for the majority of the risk, although exposure to cocaine and cigarettes was also looked at in the study.

So, instead of toasting the New Year with a glass of bubbly, consider an alternative. A number of sophisticated non-alcoholic beverages have recently hit the market, including Twelve, a

fruity blend of organic teas and citrus essence (\$14 for two 750-ml bottles, [hellodelicious.com](http://hellodelicious.com)). Pour it in a pretty flute and even non-pregnant friends may be tempted to try some.

Whatever you choose, steer clear of beverages high in sugar, which may contribute to weight gain, and caffeine, which increases dehydration, says May Blanchard, M.D., an ob/gyn at the University of Maryland Medical Center in Baltimore, who reminds moms-to-be, "The behavioral problems resulting from prenatal alcohol exposure are lifelong."

—Pamela Brill